



## MAI 12 POSTURE

### 1. Opening

Step out to hip width, Raise both hands

### 2. Brush Knee (x2)

Shift right, left hand up, brush knee, sit back, turn foot, turn bottom palm

### 3. Part Wild Horse Mane (x2)

Sit back, arms level, v feet turn, hold ball (turn ships wheel)

### 4. Single Whip

Continue turning (35degrees), make hook, step to front

### 5. Separating Heel Kick (R, L)

Kick, point, withdraw, kick, point, step slightly out to left

### 6. Cloud Hands (x3) to Right

Cloud hands to hold ball

### 7. Grasp Bird's Tail

Grasp, twist, sit back pull down, wipe off, push, close the trunk

### 8. Penetrate Shuttles

Sit back, v feet turn, hold ball, spin the hoop

### 9. Needle to Sea Bottom

Reach out, half step, hands together

### 10. Fan through Back

Lower heel, turn right palm, Fan through Back

### 11. Crossing Arms

Sit back, turn right foot, turn left foot, feet hip width

### 12. Conclusion